

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jul 2026

### The effect of Yoga on Mental Health in students staying in Islamic Azad University dormitory, Boroujerd Branch.

#### Protocol summary

##### Summary

This study aim to evaluate the effect of yoga exercises on mental health in student. This interventional study is performed on 60 persons who are volunteer; stay in university dormitories; without any mental disorder, without family history of mental disorder and no experience of grief in the past 6 months. The participants are selected and randomly assigned to tow groups. in intervention group yoga exercise for three days in a week will be performed and no intervention in control group will be done. Mental health assessment will be done before and after intervention and will be compared between two groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013012012202N1**

Registration date: **2013-08-19, 1392/05/28**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2013-08-19, 1392/05/28

##### Registrant information

###### Name

Roya Torkashvand

###### Name of organization / entity

Islamic Azad Univercity Broujerd Branch

###### Country

Iran (Islamic Republic of)

###### Phone

+98 66 2350 7388

###### Email address

rtorkashvand@iaub.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Research Department of Islamic Azad Univercity Broujerd Branch

##### Expected recruitment start date

2013-06-22, 1392/04/01

##### Expected recruitment end date

2013-10-23, 1392/08/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of Yoga on Mental Health in students staying in Islamic Azad University dormitory, Boroujerd Branch.

##### Public title

The effect of Yoga on Mental Health in students staying in Islamic Azad University dormitory

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

inclusion criteria: student should be volunteer; staying in dormitory. Exclusion criteria: having any mental disorder in her family; grief in the last 6 months.

##### Age

To **149** years old

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **60**

##### Randomization (investigator's opinion)

Randomized  
**Randomization description**  
**Blinding (investigator's opinion)**  
Not blinded  
**Blinding description**  
**Placebo**  
Not used  
**Assignment**  
Parallel  
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

**Name of ethics committee**  
Vice chancellor for Research Islamic Azad University,  
Broujerd Branch  
**Street address**  
Broujerd Imam Khomeiny University Complex  
**City**  
Broujerd  
**Postal code**  
**Approval date**  
2010-08-20, 1389/05/29  
**Ethics committee reference number**  
880631-49ب

## Health conditions studied

### 1

**Description of health condition studied**  
mental health  
**ICD-10 code**  
Z00.4  
**ICD-10 code description**  
General psychiatric examination, not elsewhere classified

## Primary outcomes

### 1

**Description**  
Mental health  
**Timepoint**  
before and after intervention  
**Method of measurement**  
Mental health questionnaire

## Secondary outcomes

### 1

**Description**  
creasing mental health

**Timepoint**  
Before and after intervention  
**Method of measurement**  
Mental health questionnaire

### 2

**Description**  
creasing mental health  
**Timepoint**  
Before and after intervention  
**Method of measurement**  
Mental health questionnaire

## Intervention groups

### 1

**Description**  
no intervention for control group  
**Category**  
N/A

### 2

**Description**  
yoga exercises three day in a week for intervention  
group  
**Category**  
Behavior

## Recruitment centers

### 1

**Recruitment center**  
**Name of recruitment center**  
University Dormitory, School of Allied Medical Sciences  
**Full name of responsible person**  
Roya Torkashvand  
**Street address**  
Dormitory No6, Daneshgah Square, Broujerd  
**City**  
Broujerd

## Sponsors / Funding sources

### 1

**Sponsor**  
**Name of organization / entity**  
Islamic Azad University  
**Full name of responsible person**  
Dr Jafar Mahdian  
**Street address**  
Imam Khomeiny University Complex, Broujerd  
**City**  
Broujerd  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor  
organization/entity?**

Yes

**Title of funding source**

Islamic Azad University

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Islamic Azad University Broujerd Branch

**Full name of responsible person**

Roya Torkashvand

**Position**

Master of mental health nursing, Member of faculty

**Other areas of specialty/work**

**Street address**

School of Allied Medical Sciences, Nursing  
Department, Modarres sq, Broujerd

**City**

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+98 66 2350 7388

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rtorkashvand@iaub.ac.irroya.torkashvand@yahoo.com

**Web page address**

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

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**Full name of responsible person**

Roya Torkashvand

**Position**

Master of mental health nursing, Member of faculty

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**Web page address**

**Person responsible for updating data**

**Contact**

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**Web page address**

**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

*empty*

**Study Protocol**

*empty*

**Statistical Analysis Plan**

*empty*

**Informed Consent Form**

*empty*

**Clinical Study Report**

*empty*

**Analytic Code**

*empty*

**Data Dictionary**

*empty*